



May 2023

Transitional Executive

President: Maryse Ristuccia
Secretary: Celestine Hall
Treasurer: Joan Beal
Spiritual Development: Karen Eckert
Community/Family Life: Jenni Commanda
Dorothy Currie
Education: Corinne Santianni
Health: Krysia Theriault
Geri Crisci
Communications: Carmen Vanderreest

Contact information for the executives can be found at the end of this newsletter.

CWL Websites

National: www.cwl.ca
2023 theme: *Catholic and Living It!*
Provincial: www.cwl.on.ca
2023 theme: *Go Make a Difference*
Diocesan: www.cwltoronto.ca
2023 theme: *Called to Serve*

The Catholic Women's League of Canada (CWL) is a sisterhood, rooted in Gospel values that, "Calls its members to grow in faith, and to witness to the love of God through ministry and service". The CWL is guided by its motto "For God and Canada".

Patroness of the CWL is Our Lady of Good Counsel whose feast day is April 26th.

Parish Website

<https://stjohnsto.archtoronto.org>
This is the website for all matters relating to our church. Use it for all contact information and its many links to items such as the weekly Bulletin and other great resources for our parish and for the Archdiocese.

Parish YouTube Channel

<https://www.youtube.com/channel/UC8pLWrdARlezRMzjHZJv9aQ>
Use this link to view all videos posted by our church including Sunday Masses. Be sure to "like" the channel.

Next Meeting

On **June 6th** our annual dinner takes place in the church Hall beginning at 6:00 p.m. Dinner will be a catered hot buffet provided by Fallingbrook Market at a cost of \$20 per person. Ticket sales will begin soon! Not only will we enjoy dinner together we will also enjoy a 'paint night' together! Don't worry if you've never tried this because our member and professional artist Maria Wong will lead the way! She will take us, step by step, through simple instruction to create our own fun masterpiece! Each of us will receive our own small canvas to work on and the brushes and paint will be supplied. As always everyone is welcome to bring a friend or family member!

If you are able, please bring a donation for our local food bank – they are in need of:

- | | |
|-------------------|------------------------|
| Peanut butter | Cereals |
| Canned fish | Granola bars |
| Canned vegetables | Diapers (sizes 1 to 5) |
| Pasta sauce | Baby formula |
| Canned beans | Period products |

Come Pray the Rosary

We pray the Rosary every Friday night at 8:00 p.m. online via Zoom. Prayers matter, prayers support and uplift. If you have a special prayer request for our Rosary night please let Maryse or Carmen know. Cameras do not have to be on and everyone will be asked to mute their microphones at the beginning of prayers. Only those leading the prayers will be heard. Everyone is welcome to follow along. The link below is the same link used every Friday:

<https://zoom.us/j/94327881622?pwd=UWpCTjR4cjFldGc5Yjk4bE5nbEg0dz09>

If needed: Meeting ID: 943 2788 1622
Pass code: 263230
Dial up: +1 647 374 4685 Canada
+1 647 558 0588 Canada

Prayers

Let us remember these fellow sisters in our prayers:
Elizabeth Barrett Marlene Libbus Carmel Richard

Help is Here

We have members who are happy to help anyone needing assistance to attend Mass, with grocery

shopping, errands or appointments. Please contact Maryse at: maryse.ristuccia@gmail.com

Message from Maryse

The month of May, the month of Mary, is here and hopefully sunshine and spring will stay with us. We began the month of May with a quiet crowning of Mary on the first day. We didn't want to lengthen the already longer Mass that day due to the celebration of First Holy Communion so took the second weekend of May to bring flowers and a candle to Our Lady at each weekend Mass. Many thanks to Father James for leading everyone in the Hail Mary prior to the beginning of Mass. Thanks also to our Sunday organist Eric for playing and leading the congregation in singing a Marian hymn and to Paul Holiday for leading his singers in doing the same at the Saturday evening Mass. Lastly, thank you to our members who volunteered to carry up the flowers and stood with other members to pray at the foot of Our Lady's statue.

The whole month of May is dedicated to Our Lady and each Monday morning a couple of our members are going to St. John School to teach and lead the primary children in reciting the Rosary. Our council has purchased rosaries for all the children.

We will end the month of Mary with an outdoor Rosary around our church prior to the Saturday evening Mass on May 27th. The CWL led this prayer opportunity last year and it was well attended by both members and parishioners. We hope that you will join us as we once again pray together outdoors. Wouldn't it be wonderful if the children who recently received their First Holy Communion put on their special outfits from that day and joined us in the Rosary with their families?

As the month of May ends we will be wrapping up activities before our summer break with our June annual bring-a-friend dinner. Our June meeting is not a regular business meeting but one of celebration and sharing. At our May general meeting we voted on the type of dinner we will have this year. It will be a catered hot buffet dinner and tickets will be available shortly at a cost of \$20 each. Please come out and bring a friend or family member. All are welcome! There will also be a fun activity, our very own paint night! Fun, faith and shared sisterhood. Join us!

Health and Wellness Corner

By Health co-chairs Geri Crisci and Krysia Theriault

The Power of Hope

"Hope is an optimistic state of mind based on the expectation of positive outcomes". How would you rate

your level of hope these days? Mental health and hope go hand in hand! Our column this month is devoted to the topic most associated with the Resurrection and with spring! We are made hopeful for eternal salvation through the Resurrection of Jesus, we are made hopeful for warmth, sunshine, blooming flowers and trees and easier access to nature, through the beginnings of spring.

What does the word "hope" mean to you? What do you think when you hear the word 'hope'? Often the words 'hope' and 'courage' are used together. Hope fuels courage and courageous acts fuel hope. All of us have witnessed courageous acts or been part of courageous efforts. For some, it is dealing with a medical illness or condition; for others it is caring for a loved one dealing with such illnesses or conditions. Courage is often displayed in quiet, simple ways: being there for a friend; supporting someone who is struggling; keeping in touch with someone who is lonely; listening to a friend or neighbour's troubles, even when you are tired.

All of these are examples of how we can give hope to others through our connections with them. Effectively connecting with someone depends on our state of mind. How do we stay calm and connected? What feeds us? Is it quiet time or social time? Is it sunshine or rain (some of us are soothed by the sound of rain); reading? Watching a movie? Listening to the CBC or music? Gardening or just admiring gardens?

We may want to remind ourselves that each time we are able to comfort someone, help them calm, feel a little better, we impart a great gift. We offer each other a way to get back in touch with our own ability to soothe. With each soothing, our brains grow and change in positive ways. Brains continue to mature throughout our lifetimes!! Knowing that we cannot change others nor have control over external events is important to maintaining our INTERNAL LOCUS of CONTROL. However, we can always control HOW we choose to respond to any given situation.

Let's enjoy the spring: remember and use what we know about hope (some people experienced hope (again) in the latest playoffs!) and carry on!

The secret to cultivating hope is focusing on what you can control. It's worth focusing on, as hope is the greatest gift we can give each other. After all, it is the gift our Saviour has given us.

Wishing each of you a hopeful spring!!

Bible Art Exhibit

Wycliffe College, in partnership with IMAGO, is delighted to bring to Toronto a fascinating

exhibition *Marc Chagall and the Bible* from the Bowden Collections. The exhibition, running from May to October, showcases over 55 etchings and lithographs by the legendary artist Marc Chagall (1887-1985). This collection of prints by Chagall is being presented to the Canadian public for the first time. Chagall is perhaps the foremost visual interpreter of the Bible in the 20th century. His vision of the Old Testament combines his Jewish heritage with modern art, offering a rich display of symbol and imagination. "Since my early youth I have been fascinated by the Bible," said the artist, "It has always seemed to me and it seems to me still that it is the greatest source of poetry of all time. Since then I have sought this reflection in life and in art. The Bible is like an echo of nature and this secret I have tried to transmit." *Marc Chagall and the Bible* includes ten of the 105 etchings that together constitute a suite of work for Marc Chagall's Bible (1932–39, 1952–56), a monumental project spanning 25 years. Also included are all 42 brilliantly colored images from his 1956 and 1960 suites of Bible lithographs, printed by Mourlot and published in Paris by Tériade for Verve as special editions devoted exclusively to Chagall's original lithographs.

Admission is FREE and tickets are not required.

Opening hours:

Tuesdays 10:00 a.m. – 5:00 p.m.

Thursdays 2:00 p.m. – 8:00 p.m.

Fridays 2:00 p.m. – 8:00 p.m.

Saturdays 1:00 p.m. – 5:00 p.m.

Note: The gallery will be closed for special events at the College on these following dates. Please check the website before coming to visit as these times are subject to change:

Thursday, May 23 - Sunday, May 28 – gallery closed

Saturday, June 3 – gallery closed

<https://www.wycliffecollege.ca/chagall>

Location:

Wycliffe College, 5 Hoskin Ave, Toronto (The Great Hall)



Rosary

Education chair Corinne Santianni and communications chair Carmen Vanderreest have been visiting with the primary grade students at St. John Elementary School. These visits have been taking place each Monday in May and are used as an opportunity to teach these young students about our Blessed Mother Mary and the Rosary. Our CWL council has provided each student with a rosary that they keep at school and use each Monday when Corinne and Carmen visit. At the end of the school year students can take the rosaries home. Corinne has created a special power point presentation about the rosary that will be shown to the entire student body at a school assembly on Friday, May 26th starting with praying the entire Rosary together. Any member wishing to join Corinne for that presentation and prayers are welcome to attend.

Please email Corinne if interested: zed28@rogers.com



Corinne & Carmen with students at St. John School

CWL Toronto Diocesan Convention

Community / Family Life co-chair Jenni Commanda attended both days of the convention as our council's voting delegate. She reported that on the first day she was tasked as facilitator for a group of newly appointed delegates for the resolution dialogue. Much of the day was filled with convenor reports. The guest speaker was Nicole Ferrante from St. Michael's College Campus Ministry. She has recently been appointed the new Campus Ministry Coordinator.

The student youth awards were held in the evening and attendees got to hear from some of the winners. Jenni noted the most hilarious and uplifting was the winner of the Mary Mathews Public Speaking Award. In his entry, the young man claimed God's favorite sport is baseball. The evening also included a fun and enjoyable show titled, CWL's Got Talent.

After a few amendments, the second day saw the

passing of the resolution: *To Establish a Universal Intermittent Catheter Coverage for Individuals with Spinal Cord Injuries, Multiple Sclerosis, and Parkinson's Disease*. This will now move to the Provincial level to be voted on. The changes that were proposed to some CWL Bylaws also passed.

The two annual Patricia Beattie Mentoring Awards were handed out in the morning and Jenni was most surprised to learn that our own member and president, Maryse Ristuccia, had won the award for a CWL member at the Parish Level.

The guest speaker on day two was Kaitlyn Ranasinghe, Project Manager for BridgeNorth. This organization in York Region helps those who have been sex trafficked. The closing banquet dinner had newly appointed Archbishop Francis Leo as guest speaker.

Also at the convention for both days was our council's secretary and CWL Life Member, Celeste Hall. She, together with other Life Members, were honoured to carry in the vessels for the offertory during the closing Mass. Celeste had a wonderful time catching up with many friends during the two day convention.

Our president Maryse Ristuccia and communications chair Carmen Vanderreest attended the morning session on day two. Unknowing to Maryse (and everyone else) Carmen had, on behalf of our council, nominated Maryse for the Diocesan's annual *Patricia Beattie Mentoring Award at the Parish Level*. There are close to 100 CWL parish councils within the Diocese. On learning from the Diocesan council that Maryse had been chosen, Carmen was instructed not to tell anyone. It was during the morning session when the award recipient was announced. Needless to say Maryse was overly surprised. Our own council presented Maryse with a congratulatory bouquet of roses at our May general meeting. Through her guidance, inspiration and encouragement Maryse has been a true mentor to so many women and not only in our parish but also in her role as the Toronto Region president. Over the years Maryse has drawn many members in and up through our council. She wants her League sisters to succeed in their endeavours, in turn, ensuring the growth and success of our council. She has mentored new and established members and those of the executive alike. She helps members find their strengths and encourages them to develop those attributes. Maryse is a CWL role model and teacher. Her leadership is inspiring, her faith deep and we are made ever stronger as a

council and sisterhood because of her. Congratulations Maryse!



Maryse Ristuccia

Spring Gardening

Gardening God's Way

Plant three rows of peas:
Peace of mind
Peace of heart
Peace of soul

No garden without turnips:
Turnip for meetings
Turnip for service
Turnip to help one another

Plant four rows of squash:
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness

Water freely with patience and
Cultivate with love.
There is much fruit in your garden
Because you reap what you sow.

Plant four rows of lettuce:
Lettuce be faithful
Lettuce be kind
Lettuce be obedient
Lettuce really love one another

To conclude our garden
We must have thyme:
Thyme for God
Thyme for study
Thyme for prayer



Spiritual Development

April 26th is the feast day of Our Lady of Good Counsel. She is the patroness of the CWL. All members were invited to attend the morning Mass on that date to pay homage to Our Lady. In his homily, Fr. James spoke about the relationship between Mary and her son Jesus; how she would have counselled him as a child and how, through her counsel of him as a young man we learn of his first public miracle at the Wedding of Cana. Fr. James reflected on our own relationship with Our Lady of Good Counsel; how we bring her wisdom to our CWL council, always seeking her guidance; how we model Mary in our good works, sisterhood and prayer. He reminded us of the Blessed Mother's words to the servant, "Do whatever He tells you." and said these are 'counsel' words for us all to follow. After the Mass everyone was invited to enjoy refreshments together in the upper room.



Morning refreshments after Mass

At our May meeting Karen Eckert, spiritual development chair, welcomed us and spring with a lovely poem titled *A Spring Blessing* taken from the book *The Circle of Life* by Joyce Rupp and Macrina Wiederkehr. The room was set up café style with tables of 4 and Karen had a planted pansy for each member on the tables – a lovely springtime take-away. Karen's reflection was based on ideas of Fr. Ron Rolheiser's thoughts on "Our Deepest Insecurities". These were laid out in 3 deepening levels of reflection beginning with standard tensions in our lives – "There's always something!" followed by unacknowledged disappointments with how our lives have turned out – so many dreams frustrated. The third level came to rest on deeper insecurities where we might feel unwelcome in the world and question God's unconditional love and forgiveness. Fr. Rolheiser paraphrases Thomas Merton in saying it is only "... when, at the root of our being, we accept that we are debtors and that the debt is unpayable, we will finally accept God's welcome and love and, accepting our own welcome we will no longer resent others. It's only when we know our own welcome that we can let acceptance, and not judgment, flow out of our lives." This reflection was followed up

with open table discussions on how we can shift our set ways of thinking about feelings and emotions such as envy and jealousy, bitterness, anger, longing and hunger.

Spring Concert



St. John's Harmony Choir Spring Concert is back!

After three long years, due to the pandemic interruption, the St. John's Harmony Choir is happy to once again put on their annual Spring Concert!

There will be a variety of musical styles, sacred music and popular songs. The choir is also so pleased to feature the talented soprano Alison Angelo. Come and enjoy this concert after such a long time without. Mark your calendar and come out to this special performance that the choir has prepared for you and all parishioners! Bring a friend or family members along and look for some of our CWL choir members! Happening Sunday, June 4th at 3:00 p.m. followed by refreshments in the Hall.

Visitors

Last weekend at the 11:00 Mass we were happy to once again have Fr. John, Msgr. Brad and Fr. Pierre back in the church with us. It was Fr. John's 50 year anniversary of priestly ordination and he came back to celebrate it with us! Having Fr. Pierre come to concelebrate the Mass with Fr. James was a lovely surprise for Fr. John. Msgr. Brad celebrated his 52nd anniversary of priestly ordination two days later. Outside, after the Mass, everyone enjoyed refreshments, cake and the opportunity to chat with our special visitors.



Fr. John



Msgr. Brad

Newcomer Day

May 25th is Toronto Newcomer Day!

It's an annual event at Nathan Phillips Square that welcomes newcomers to Toronto, "helps them access a wide range of services, and celebrates their contributions to the city. The event features a number of activities including a formal stage program, a citizenship ceremony for new Canadians, a Newcomer Marketplace, and an Information Fair." Celebrations include "entertaining performances, interactive activities, Newcomer Food Fair, henna artists, free Tim Hortons beverages, HistoricTO neighbourhood walking tours and prizes & giveaways.

For more info go to:

<https://www.toronto.ca/community-people/moving-to-toronto/toronto-newcomer-day/>

Speaker

We had planned to have this speaker at one of our earlier meetings this year but circumstances prevented that from happening. We have now booked Tuesday, May 30th for this speaker to come and speak to us about her experiences with antisemitism within our parish. We will meet in the Upper Room at 7:30 p.m.

2023 Membership Drive

The annual membership fee is \$35.

There is confidential assistance for any woman needing help to pay her membership - please contact Maryse maryse.ristuccia@gmail.com

Any female 16 years or older is welcome to join!

The annual fee can be paid in one of the following ways:

By e-transfer to our new council account at:

jaybeescwl@gmail.com or a cheque sent by regular mail to Maryse's address below or drop off a cheque or cash payment into her mailbox or Carmen's mailbox:

Maryse Ristuccia
87 Coalport Dr.
Scarborough, M1N 4B5

Carmen's mailbox – 66A Osborne Ave.

Cheques are payable to "St. John's CWL".

Be sure to include your name, address, phone number and email address so we can update our records.

Please PRINT everything.

Also include the name and number of a contact person in case of emergency or difficulty reaching you.

If these payment methods are not convenient for you, contact Maryse to have your payment picked up:

maryse.ristuccia@gmail.com

Calendar

May 18th – World Catholic Education Day

May 21st – World Communication Day

May 27th – Parish Outdoor Rosary around the church beginning at 3:30 p.m.

May 28th – Pentecost Sunday

May 30th – Speaker on Antisemitism

June 4th – The Most Holy Trinity

June 4th – St. John's Harmony Choir Spring Concert

June 5th – St. John's Church building 91st anniversary

June 6th – CWL Annual Dinner in the Hall at 6:00 p.m.

June 11th – Corpus Christi – The Most Holy Body and Blood of Christ

June 18th – Father's Day

May Celebrations!



Happy birthday to everyone celebrating a birthday this month including:

→ **Geri Crisci** on the 7th!

Congratulations to:



→ **Fr. John-Mark** on his 27th priestly ordination anniversary on the 11th!

→ **Rosemary & John Walcher** on their 34th anniversary on the 20th!

→ **Carolyn & James Chesley-Jewell** on their 37th anniversary on the 24th!

→ **Deacon Paul** on his 7th ordination anniversary on the 29th!

[Please share your birth date or anniversary date with Carmen so it can be celebrated here!](#)

Virtue of the Month

From the Toronto Catholic District School Board:

May virtue is Compassion.

- "When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd." (Matthew 9:36)
- "Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience" (Colossians 3:12)

- “Compassion is the wish to see others free from suffering.” (Dalai Lama)
- “Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love.” (Anonymous)



To all mothers and mother figures, may God bless you always.



50/50 Lottery

Tickets are on sale for the 2023 Knights of Columbus 50/50 draw in support of Ontario Food Banks and the Special

Olympics. There are four quarterly draws, the third one will be on **September 1st** – jackpot is based on total ticket sales. Tickets are 15 for \$10, 40 for \$20 or 100 for \$40 for each quarterly draw. Ticket numbers are computer generated and emailed to the buyer. When ordering tickets there is a drop-down menu under “Organization” to choose the parish council you support – St. John’s Council number is “Scarborough Beaches 7008”.

For full details and to purchase your tickets go to: <https://www.kofcontario5050.com>

Milk Bag Project

We still need members to crochet milk bags into mats for our city’s homeless. If you cannot attend meetings or be active in our volunteer work, this is a way you can contribute from your own home. It is a simple crochet stitch that results in a useful mat, helping someone in need. Call or email Maryse to learn about this simple way that you too can be involved: 437-983-0557 or maryse.ristuccia@gmail.com

When saving milk bags for this ongoing project please fold or roll clean and dry outer milk bags together instead of crinkling them up. This makes it easier for cutting them into strips to be woven into mats.

Any that you have collected can be dropped off to the front porch of either:

Maryse’s house at **87 Coalport Drive**
Carmen’s house at **66A Osborne Ave.**

Catholic Family Services

A wide variety of programs and services are offered through Catholic Family Services of Toronto. Their counsellors “are prepared to work with the needs, strengths, values, and goals of individuals and families. We also recognise and sensitively respond to differences in cultural, racial, gender, and religious backgrounds of clients.”

Please call **416-921-1163** (Central Toronto office) or **416-222-0048** (North Toronto office) and leave a message with your name and contact information. A staff person will contact you and provide you with further information.” You can also send an email to this email address: info@cfstoronto.com

FEE FOR SERVICE:

Counselling fees are charged according to a client’s income level. No one is denied service because of his/her inability to pay fees.” For more info go to: <https://www.cfstoronto.com>

CWL Bursaries

CWL’s National Bursary Fund was established in 1990 and provides members with financial assistance while pursuing studies, courses, seminars, workshops and diploma/degree programs in areas of, spiritual growth, adult faith formation, youth ministry, ministry to patients in palliative care, ministry to shut-ins, parliamentary procedure, and literacy tutoring.

New this year! The addition of education toward a nursing degree!

Deadline to apply is May 15th. Members use this bursary opportunity to take online courses and workshops. One thousand dollars can be awarded per year to a maximum of \$4,000 in a member’s lifetime. Refer to item #552 on the League’s national website for criteria and application information. The League brochure is found at:

<https://cwl.ca/wp-content/uploads/2019/09/312-National-Bursary-Fund-Brochure-2019.pdf>

CWL National Webpage

In ongoing efforts to inspire you in faith, service and social justice the League is happy to introduce a new permanent webpage that has been added to the CWL national website. “To Inspire” is the home for inspirational messaging and videos promoting the League: <https://cwl.ca/to-inspire/>

WUCWO

The Catholic Women’s League of Canada (CWL) is officially recognized by the Canadian Conference of

Catholic Bishops (CCCB) as a lay association of women and is affiliated with the World Union of Catholic Women's Organizations (WUCWO), a world-wide federation holding membership in the conference of International Catholic Organizations. Go to this link to discover all that WUCWO does and to read their monthly newsletter:

<https://www.wucwo.org/index.php/en/>

The CWL & Canadian Blood Services



There is still an immediate need for new and returning blood donors!

The urgent need for blood, platelet and plasma continues across our healthcare system.

There are 31,000 fewer active donors than at the beginning of the pandemic – donations are urgently needed!

There are three permanent Canadian Blood Service centers in Toronto: 2 Bloor Street East, 67 College Street, and 163 King Street West. If you're in good health, please visit blood.ca to book an appointment or call 1-888-236-6283.

Everyone has the privilege to donate blood and encourage others to donate. CWL members are asked to give the gift of life and to register with Canadian Blood Services "**Partners for Life**" program using the League's unique Partner ID **CATH011269** to record donations.

For information on Blood Services go to:

<https://www.blood.ca/en>

Genetics

On the topic of Genetics, you can monitor and study the advantages / disadvantages of scientific developments in light of teachings of the Catholic Church through the Canadian Catholic Bioethics Institute (CCBI). Current information is available regularly on the CCBI website.

<http://www.ccbi-utoronto.ca/>

St. John's CWL Council Contact Information

Maryse Ristuccia:

maryse.ristuccia@gmail.com 437-983-0557

Celestine Hall:

cf.hall@sympatico.ca 416-694-8922

Joan Beal:

joanbeal@rogers.com 416-693-4255

Karen Eckert

eckertk@bell.net 416-702-7891

Corinne Santianni:

zed28@rogers.com 416-436-0300

Jenni Commanda:

laughterseasoning@bell.net 647-346-2040

Dorothy Currie:

dorothy.ghosh@yahoo.com 416-804-1793

Krysia Theriault:

krysiatheriault@gmail.com 416-686-2742

Geri Crisci:

gcrisci@ckmconsultation.com 416-697-4544

Carmen Vanderreest:

vanderreestcarmen@gmail.com 416-691-5165